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Iowa State Daily (March 01, 2011)

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Faculty

LAS College fills interim position

By Matt Wettengel @iowastatedaily.com

After taking nominations from faculty, Executive Vice President and Provost Elizabeth Hoffman selected David Oliver, associate dean for the College of Liberal Arts and Sciences, as the interim dean, effective July 1.



Oliver

Oliver will hold this position after current Dean Michael Whiteford retires June 30 to move to Oregon.

"I think having somebody with experience will allow the college to move forward, and that's what we need to have to attract a good dean: Someone who can work with people well and have a vision [for the college] ... and ability to deal with budgetary issues," Hoffman said.

Oliver has been a faculty member since 1996, having served as the chairman of botany

DEAN.p3 >>

Regents Day

Student groups to lobby against cuts at Capitol

By Emily Banks @iowastatedaily.com

The ISU Ambassadors and Government of the Student Body will be traveling to the Iowa Capitol on Monday for Regents Day.

ISU students will team up with students from the University of Iowa and the University of Northern Iowa in order to give students a voice in the Legislature.

Sen. Herman Quirmbach, D-Ames, believes students showing up to lobby is critical.

"It's all about democracy, it's the voice of the people. I'm looking forward to the students showing up," Quirmbach said. "I need more than one voice, so we need to rally the troops."

The Legislature currently wants to propose a 10 percent budget cut to the regent universities. This cut will be a 4 percent increase from Gov. Terry Branstad's 6 percent cut — students going to the Capitol will be lobbying legislators to "Stop the Cuts" to education.

CUTS.p3>>

Ames business

Booksellers split on future of Borders

By Cristobal Matibag @iowastatedaily.com

Two booksellers in downtown Ames hold very different hopes for Borders, the bookstore chain that filed for bankruptcy Feb. 16.

Jason Daub, owner of Firehouse Books on 405 Kellogg Ave., wants the retailer to stay open and thrive. Susan Bedell, who owns the Little Bookroom on 328 Main St., has a mixed opinion of the chain and is ambivalent about the prospect of its disappearance.

Since much of Firehouse's inventory comes to Daub bearing Borders's price stickers, Daub jokes that he and the chain have a "symbiotic relationship." He believes that a brisk trade in new books helps sustain the second-hand book market.

"I hope they can stay in business and do a good business here in town," he said, speaking of Borders's Ames store. "It affects the amount of books that are circulating around."

BOOKS.p3 >>

Community



Defending Ames

Story County residents will be able to anonymously report crimes using a 24-hour tip line once the Crime Stoppers of Story County is established. Crime Stoppers is an organization that allows citizens to aid in the resolution of unsolved crimes. Photo illustration: Kelsey Kremer/Iowa State Daily

Program helps police maintain safety

By Kaitlin York @iowastatedaily.com

Each county in the United States has its own way of preventing, resolving and stopping criminal activity. Some counties prefer the standard local police and sheriff stations, while others might have communities that want to get involved and help keep their neighborhoods safe.

Story County has volunteers that want to get involved.

Ames Police, ISU Police, Huxley Police, Story City Police, Nevada Police and the Story County Sheriff's Office have opened up to the idea of letting the county's citizens participate in Crime Stoppers, a program whose intentions are to aid in the resolution of a crime.

"Having a Crime Stoppers community has been brought up several times in the last five or

How Crime Stoppers helps police

The program was created to combat the three major problems faced by law enforcement:

- Fear of reprisal
- An attitude of apathy
- Reluctant to get involved

six years, but the idea has never rolled," said Craig Grandgenett, vice chairman for the Crime Stoppers in Story County. "So we stepped out and said that we need individuals who want to help to get the program started."

Rick Sanders serves as the chairman for the Crime Stoppers in Story County. He received a call from the chief deputy at the Story County Sheriff's Office two years ago.

"He called me and said that a

group of citizens were wanting to get together and join the program," Sanders said.

"We all love our community, he knew how involved I already am, and we want things to be safe and have the option available for those who want to share information about a crime but don't want or know how to get involved."

Crime Stoppers is based on the principle that someone other than the criminal has information that can help solve a crime, according to crimestoppersusa.com.

Other places in Iowa with a Crime Stoppers program are the greater Burlington area, Webster County, the Iowa City area, Clay County and Polk County, according to crimestoppersusa.com.

The latest Iowa Department of Public Safety Crime Report says Iowa had an average of 2,888,596 people in 2009. There were 76,321 reports of crime including murder, rape, robbery, aggravated assault, burglary, larceny and motor vehicle theft.

There is a high probability that

many of the reports were unsolved due to not enough information gathered or because witnesses and friends were too afraid to get involved.

"There is not a certain amount of crime needed in order for a county to have a Crime Stoppers community," Sanders said. "We are a part of a service that receives tips and information, anonymously, that law enforcement does not have in order to turn in the bad guys."

As the chairman for Crime Stoppers in Story County, Sanders runs the meetings on the first Wednesday of every month. When Sanders is unable to attend, Grandgenett takes over.

Grandgenett and his family have lived in Ames for 11 years and is involved in many activities around Story County. He believes the community is a good place to live and affords citizens many opportunities.

"I like most that we can help,"

SAFETY.p3 >>

Disability awareness

Week pushes to give perspective

Activities planned to show 'what people can accomplish'

By Grace Gardner @iowastatedaily.com

Samantha Edwards is a writer, pageant winner, club president and advocate.

She also suffers from cerebral palsy and has been in a wheelchair since age 4, but as Edwards's long list of activities shows, she does not let her disability define her.

Cerebral palsy is a neurological disorder that affects body movement and muscle coordination. For Edwards, the condition affects the part of her brain that controls balance and motor skills.

Edwards, senior in journalism and mass communication, said she never planned on becoming an advocate for disability awareness, but that it happened by chance.

It all started with Edwards's graduation from high school in Marshalltown. Edwards's school did not have a wheelchair ramp for her to get on the stage and receive her high school diploma.

When Edwards requested that a ramp be put in the auditorium, the school denied her.

"They told me that people in wheelchairs had graduated before, they just weren't able to get on the stage," she said. "Graduation is an important moment. I wanted to go across the stage and receive my diploma like everyone else."

Edwards succeeded in her mission, and a permanent ramp was put in Marshalltown High School's auditorium.

"It wasn't just for me," Edwards said, "but for all the students who will graduate in the future."

During high school, Edwards pursued her love of writing by becoming an opinion columnist for her local newspaper.

"I don't want to be known by my disability or my advocacy work," Edwards said. "I want to be known as a writer."

After graduating high school, Edwards at-



Axton Betz (left), graduate student in human development and family studies, and Samantha Edwards, senior in journalism and mass communication, speak about their disabilities during the student panel Monday at the Union Drive Community Center. Photo: Kendra Plathe/Iowa State Daily

tended Marshalltown Community College where she succeeded in getting handicapped-accessible facilities put in place for the college's apartments.

Since transferring to Iowa State, Edwards has also helped the university better its handicapped accessibility.

After the urging of a friend, Edwards entered the Ms. Wheelchair Iowa pageant last year. Ms. Wheelchair America is competition that is based on advocacy, achievement, communication and presentation.

Edwards won the title of Ms. Wheelchair Iowa and continued on to the Ms. Wheelchair America competition in Grand Rapids, Mich., where she spoke about creating positive perceptions of people with disabilities in the media.

During her reign as Ms. Wheelchair Iowa, Edwards has thrown out the first pitch at a Sioux City Explorers baseball game, volunteered at

a retirement home and helped children at the Red Cross. She is also the current president of the Alliance for Disability Awareness.

Disability Awareness Week

This week is Iowa State's Disability Awareness Week. The goal of this week is to educate students about disabilities, as well as be an entertaining social experience.

"I like to focus on the ability aspect of it," Edwards said. "It's not about hearing people's problems, but it is about human interest stories of what people can accomplish."

The week's activities began with an interactive discussion panel Monday afternoon.

Edwards and Axton Betz, a human development and family studies doctoral candidate, spoke about their struggles with disabilities.

Betz was diagnosed with attention deficit hyperactivity disorder six months ago. Betz

DISABILITIES.p3>>



More online:

Check out additional stories about National Nutrition Month and a guest lecture at iowastatedaily.com

Weather | Provided by ISU Meteorology Club

Tue

14|45

Wind chill values as low as 5 early. South wind 6 to 11 mph becoming west.

Wed

18|29

Sunny, with a high near 29. North northeast wind between 9 and 13 mph.

Thu

22|42

A 30 percent chance of rain. Cloudy and breezy, with a high near 42.

Wellington avalanche:

In 1910 the deadliest U.S. avalanche on record thundered down mountains near Wellington Station, Wash. sweeping three locomotive train engines and some passenger cars into a canyon. The avalanche killed more than 100 people.

Calendar

TUESDAY	TUESDAY
2Xtreme Martial Arts When: 7 p.m. What: Team 2X is a performance group that combines the skills of martial arts, free-running, gymnastics and contemporary dance movements. Where: Great Hal, Memorial Union	Women’s Basketball When: 7 p.m. What: Iowa State vs. Kansas. Where: Hilton Coliseum

Correction

In the graphic that ran with Monday’s article “Program encourages election runs,” the chart depicting 22 percent was incorrectly labeled. The chart should have been labeled “Number of women in the Iowa legislature.” The Daily regrets the error.

Daily Snapshot



PERFORMANCE: Students showcase talent

Students perform their skit “The Cricket is the Ticket,” during the Student Union Board’s 2011 Varieties show, Friday at the Great Hall in the Memorial Union. Photo: David Derong/Iowa State Daily

TUESDAY	WEDNESDAY	THURSDAY
I-State News 3:30 p.m. ISUtv Newswatch 6:30 p.m. ISUtv Al Murdoch 7 p.m. ISUtv No Ordinary Family 8 p.m. ABC NCIS 8 p.m. CBS	Cy’s Eyes on the Skies 6:30 p.m. ISUtv Cash Cab Chicago 6:30p.m. Discovery Legally Blonde 7 p.m. ABC Family American Masters 8 p.m. PBS Campus PD 8 p.m. G4TV	I-State News 3:30 p.m. ISUtv Newswatch 7 p.m. ISUtv Dirty Laundry 8 p.m. ISUtv Rules of Engagement 8:30 p.m. CBS The Brave One 9 p.m. AMC

Celebrity News
Notes and events.

Michelle Rodriguez on aliens: They’d be loving
Those alien-invasion scenes may not have seemed that far-fetched for “Battle: Los Angeles” star Michelle Rodriguez.
The actress told CNN she believes there really is life out there.
“I have my own little theory about aliens,” said Rodriguez.
“I just believe that an alien creature, if it did exist, would have to resonate at a higher frequency [and would] therefore not have that human psychological need to destroy and dominate so much.”
Aron Ralston talks ‘127 Hours’ star James Franco
With his Academy Awards-hosting gig now complete, James Franco can finally focus on all those other oddball projects he has in the pipeline, like teaching a college course about himself, producing a college musical and developing a “Three’s Company” play and movie.
While some may find the Oscar nominee’s recent career choices unusual, they make perfect sense to Aron Ralston, the man Franco portrayed in director Danny Boyle’s “127 Hours.”
“He’s so impassioned with his artistry, and the strangeness of all of [the projects] just tells me it’s very authentic to him,” Ralston said.
“It’s all very genuine expression. He’s not doing it for attention or acclaim or money or fame.
I don’t think at all that it’s some Joaquin Phoenix, like, ‘I’m going to do a story about a hoax of my life as an act of performance.’”
Corey Haim missing from Oscars ‘In Memoriam’
First Corey Haim was left out of the SAG awards’ “In Memoriam” montage, and now he’s been omitted by the Oscars too.
During last night’s remembrance reel of movie industry greats who have passed away in the past year, “The Lost Boys” star, who was 38 when he died of pneumonia and a heart condition in March 2010, was missing.
As Marquee previously reported, Haim’s pal Corey Feldman was furious that Haim wasn’t included in the SAG awards tribute in January and took the organization to task at the time.
“We have become used to not being honored by our peers in the industry,” Feldman said.
“I have faith that the Academy will make a wiser choice.”
Charlie Sheen: ‘I’m tired of pretending I’m not special’
Embattled actor Charlie Sheen took to the airwaves and the Internet Monday, claiming he has cured his substance abuse addictions with his mind and alleging that CBS, which suspended production on his sitcom, is trying to take his money and destroy his family.
Sheen said he would go back and finish the season of “Two and a Half Men,” which CBS halted last week after Sheen called a radio show.
But, he said, because of his psychological distress, he wants \$3 million per episode rather than the \$2 million he was making.
“I’m tired of pretending like I’m not special,” Sheen told NBC.
“I’m tired of pretending like I’m not bitching a total freaking rock star from Mars.”
He later said he has “tiger blood and Adonis DNA.”
At the conclusion of the final interview, given to TMZ.com, Sheen’s publicist, Stan Rosenfield, resigned.

CNN Wire Service

Police Blotter: Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments’ records. All those accused of violating the law are innocent until proven guilty in a court of law.

Feb. 23
Cody Pullen, 27, of Hubbard, was arrested and charged with public intoxication. (reported at 2:57 p.m.)
Christian Ehrnst, 21, 1400 Coconino Road unit 204, was arrested and charged with fourth-degree theft. (reported at 3:42 p.m.)
A vehicle was towed after it was determined the driver did not possess a valid license. (reported at 6:47 p.m.)
Billy Ray Williams Jr., 31, 4810 Mortensen Parkway unit 312, was arrested and charged with driving under suspension. He was subsequently released on citation. (reported at 10:37 p.m.)
Feb. 24
A staff member reported a missing door handle and pry marks to a door frame. (reported at 4:05 a.m.)
Wesley Gue, 22, 4118 Aplin Road, was arrested on a warrant, charging him with third degree theft. The original case, initiated on 01/20/11, involved the theft of a computer from Hamilton Hall. (reported at 9:10 a.m.)
Ping-Chuen Tang, 53, 123 Waterfront Drive, was arrested and charged with trespassing. (reported at 5:28 p.m.)
Gerald Davis, 39, 1017 Clark Ave., was arrested and charged with public intoxication. (reported at 7 p.m.)
Phillip McGruder, 36, of Des Moines, was arrested and charged with simple interference with official acts. (reported at 8:34 p.m.)
Three male juveniles were taken into custody and charged with fourth degree theft. A fourth male juvenile was taken into custody and charged with criminal trespassing for being on campus after being banned for committing a previous theft. All were referred to Juvenile Court Services and then released to the custody of an adult. (reported at 8:42 p.m.)
Matthew Christian, 52, of Prunedale, was arrested and charged with operating while intoxicated. (reported at 11:42 p.m.)
Feb. 25
Steven Bergeron, 24, 148 S. Franklin Ave., was arrested and charged with public intoxication. (reported at 2 a.m.)
Alex Payton, 21, 2003 Kildee St., was arrested and charged with public consumption. (reported at 1:58 a.m.)

3RD ANNUAL

Shred

Tear & Wear

IOWA STATE DAILY

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Construct a garment or accessory out of Daily newspapers for a chance to win a free show package from the ISU Fashion Show! Submissions due Thursday, March 31.

RULES:

- Must be an Iowa State student to participate
- Creation must be constructed of 90% newspaper, with no fabric allowed
- Teams up to four people allowed for garment construction
- Two people allowed for accessory construction

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PERIODICALS POSTAGE

>>**DEAN.p1**

and associate dean for research for the College of LAS.

“I’ve been here working with Dean Whiteford for ... close to seven years,” Oliver said. “In terms of experience, I’m probably the one that’s done the most diverse groups of things.”

The college’s budget will be the biggest challenge, Oliver said, emphasizing the question of how to manage to get students taught and keep research going with less and less money.

“[I plan to] spend quite a bit of time

this summer getting the college’s budget in line with its resources,” Oliver said.

Though he was nominated by other faculty members, Oliver has no interest in the permanent dean position.

“My objective [in taking this job] is to minimize the impact of this transition,” Oliver said.

The search for a permanent dean will continue, as Hoffman is in the process of selecting members for the search committee. Nominations for members of the committee are currently being submitted by faculty, and two open forums have been held for faculty to provide input on

the selection of a permanent dean.

The main thing that faculty want in the new dean is someone who appreciates the breadth of the college and its student programs, Oliver said.

Hoffman hopes to name the committee by Spring Break so that it can agree on and produce an ad for the position to get people to apply. Ideally, early in the fall a set of candidates will be named and brought to Des Moines for interviews, Hoffman said. The group will then be narrowed down to three to five people who will be brought to campus for additional interviews.

>>**SAFETY.p1**

Grandgerett said. “Citizens are using independent funds just to help out at least a little bit. If we can be of an assistance as a citizen, then we want to be.”

There are money rewards up to \$1,000 that the tip submitter can receive when his or her crime tip is useful.

“Upon submitting your tip, you will receive a ‘code’ that becomes your identity so that everyone can remain anonymous,” Sanders said. “If your tip was useful, you will be notified that you can receive your cash reward.”

Crime Stoppers USA is a nonprofit organization that is run by people who hope to combat crime in their neighborhoods.

“Funding comes from the members donating their money, raising money from the public and sending letters to local businesses explaining what we do,” Sanders said. “We’re hosting a big fundraiser this summer.”

Deputy Rob Bowers, ISU Police, has been working with the Crime Stoppers program since last year when he was notified that a private group was interested in reaching out to help.

“I think it is a great program to get information that us officers might otherwise not get. It is very community-driven; put together and managed by the community and driven for community safety,” Bowers said.

The program is at its very

beginning stages of what is hoped to be a well-organized project. Sanders said a tip-line phone number needs to be set up, a website needs to be designed and advertising needs to be done.

Other members of the board are Angie Hunt, Shelley McQueen and Barry Thomas.

If you are looking to get involved with the community to lead against crime, contact the board at storycounty-crimestoppers@yahoo.com.

>>**CUTS.p1**

The budget cuts are “cutting deeply,” and the universities are starting to suffer from them, said Jessica Bruning, senior in political science and director of ISU Ambassadors.

“In order to make up for the cuts, the university would have to raise tuition almost 30 percent, so they are starting to cut funding from programs and groups,” Bruning said.

For students wishing to join the trip, registration can

be found on the GSB website. Buses have been arranged to take students to Des Moines. The buses will leave at 10 a.m. Monday from the west side of the Memorial Union and will bring students back to Ames later that afternoon. Students are encouraged to wear ISU cardinal to stand out from the rest of the crowd.

“Seeing the ISU students in their red shirts is a very effective visual presence down here,” Quirnbach said.

A training session for stu-

dents who don’t know what to expect will take place from 3 to 5 p.m. Friday in Carver 268. ISU State Relations Officer Ann McCarthy, ISU President Gregory Geoffroy, members from ISU Ambassadors and a few local legislators will be available to answer questions and give pointers on what should be done when lobbying. It is open to all students.

The three schools are all hoping to have at least 100 students from each school participate in the lobbying.

“With how close we are to Des Moines, we’re hoping to have more than 100 people going; with all of the clubs participating, I think we will have at least that many,” Bruning said.

Many ISU clubs are going to help lobby against the budget cuts.

Tables are being provided so that the clubs can display information and show legislators that the money being spent on these clubs isn’t being wasted.

>>**BOOKS.p1**

Bedell, whose store does not stock used books, said she was unsurprised by Borders’s recent troubles.

“I haven’t had a very high opinion of Borders in a while,” Bedell said. “A decade ago, I tended to think more highly of Borders than Barnes & Noble. Now it’s become like any other megastore.”

For now, the Ames location isn’t one of the 200 stores Borders plans to close nationally. But Bedell suspects “those

who are thinking far ahead” realize that Borders may not be in Ames much longer.

Borders spokeswoman Mary Davis said the company was not commenting on the possibility of closings beyond those already announced.

Davis also said the company planned to enhance its Borders Rewards Plus loyalty program, improve its website and make its supply chain more efficient. She also said the company was weighing the benefits of offering “additional non-book products” in its stores. She declined to

say what specific kinds of new products might be offered.

Bedell wonders whether expanded services like those Borders may offer are really what book buyers want. She said changes like the rising popularity of e-books and the dominance of online booksellers may dictate a different role for all brick-and-mortar bookstores.

“I see it as a return to the niche businesses bookstores used to be,” Bedell said. “There may be less demand for giant bookstores.”

>>**DISABILITIES.p3**

said.

Tuesday afternoon, from 4-5 p.m., a game of Goalball will be held at Beyer Hall.

Goalball is a combination of volleyball, dodgeball and soccer. The game, designed for blind athletes, uses the sound of bells inside a ball to allow athletes to navigate on the court and score. Students can wear blindfolds and participate in the game, or just sit back and watch.

Best Buddies

Iowa State’s Best Buddies program is hosting a “Spread the Word to End the Word” campaign Wednesday at the west booth in the Memorial Union.

Best Buddies is a program started by Anthony Kennedy Shriver in 1989 that provides a community for people with intellectual and developmental disabilities.

Iowa State’s Best Buddy program pairs students with a “buddy” so that they can build relationships. The program also helps people with disabilities gain employment.

The “Spread the Word to End the Word” campaign is a movement that asks students to end the use of the R-word.

Emily Chambers, president of Iowa State’s Best Buddy program, said she hopes the cam-

paign will help people realize how offensive this word is.

“People need to understand how the words they use affect others,” Chambers said. “This word dehumanizes people.”

Best Buddies will also be hosting a prom event Saturday at Drake University. The event is for all Best Buddy programs across Central Iowa. A “buddy” and their partner will be crowned prom king and queen

at the Las Vegas-themed event.

Best Buddies currently has 22 members from Iowa State and 35 “buddies” with disabilities. Chambers said the program is for students of all majors and that students are paired up with buddies based on their interests.

To find out more about joining Best Buddies, contact Emily Chambers at eacham-be@iastate.edu.

White Trash Wednesday

\$2 Spam Sandwiches* and **\$2 Tator Tot Casserole*** (7pm-10pm)
*Dine in Only

\$2 16oz Tall Boys of Keystone Light and PBR (7pm-1am)

2fer Thursday

2fer Wells (9pm-1am)
2fer Pork Tenderloins* (All Day, Dine in Only)
Late Night Happy Hour
\$2.50 Domestic Pints (11pm-1am)

Unfiltered Friday

\$3.50 Pints Boulevard Wheat (All Day)
\$5 Regular Nachos* (2pm-7pm)
*Dine in Only
\$1.50 Keystone Light Draws (2pm-7pm)
\$3.50 All Craft/Import Beer

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Bonus redeemable only upon completion of a full donation. Coupon cannot be combined with any other offer and must be presented to receive bonus. Second donation must be completed within 30 days of first donation.





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Editorial

Frank Buckles: Our role model

Frank Woodruff Buckles died Sunday. He was America's last living survivor of World War I.

Born in rural Missouri in 1901, Frank grew up on a farm, worked at a small-town bank and attended high school until he was 16. That summer, he visited five Marines and Navy recruiting offices before fooling Army recruiters in Oklahoma City into believing he was old enough to serve.

When asked by the recruiters to see a birth certificate, Frank claimed Missouri hadn't recorded births when he was born, and that the date would be recorded in the family Bible.

Frank quickly joined the Army's Ambulance Service because, his recruiter said it'd be the fastest way for him to get to France.

On his journey across the Atlantic, Frank traveled on the HMS Carpathia, famous for having sailed to the rescue of those aboard the sunken Titanic not five years earlier. Some of the crew were still aboard and shared their stories of the rescue with Frank.

He served as an ambulance driver in the United Kingdom and as an escort, later, in France.

After the war, he returned to Oklahoma City to work at a post-office for a measly \$0.60 per hour.

While transporting cargo for steamship companies, he was captured by the Japanese in the Philippines, and was held in Japanese prison camps for three-and-a-half years, during World War II.

Until Sunday, he farmed land in California and West Virginia.

Why the biographical recounting of one old man's life?

Like so many Americans, Frank Buckles lived a commonly remarkable life that spanned more than a century and, in many ways, embodied the values and ideals so many of us hold to be true.

In light of the controversy and stalemates in Legislatures across the country, it seems appropriate to use the occasion of the death of the last Veteran of World War I to pause and to reflect on what we share in common. Because, lately, it seems like the number of reasons to build walls between ourselves has outweighed the number of reasons to cross bridges.

It wasn't more than two months ago the country was astounded by just how much Congress was able to accomplish in the final few weeks of a "lame duck" session, as many in the media called it. Fourteen Wisconsin Senators fled their home state to work out of Indianan hotels more than two weeks ago because they feared the idea of returning to work with their Republican colleagues.

In what way is that American? Standing up for your values? Sure.

But partisan politics at a time when there's so much work to be done leaves us feeling sick.

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Planned Parenthood



Although Planned Parenthood performs abortions, it also provides cancer screenings, infertility tests and other services. However, the controversy surrounding abortions has overshadowed these efforts. Courtesy photo: Deprogramming Hour/Flickr

Family planning and more

By Abigail Barefoot@iowastatedaily.com

Planned Parenthood offers services besides abortions

The House of Representatives recently voted to bar Planned Parenthood from federal funding. I am scratching my head wondering how this could happen. I am used to people protesting against Planned Parenthood, but to go as far as defunding them seems a bit outrageous.

Yes, they perform abortions, but they do so many other things that deserve funding, and it's these other things that get overlooked.

Among the activities that Planned Parenthood does for low cost to free are breast, prostate, colon and cervical cancer screenings, UTI treatment, jock itch treatment, STI and pregnancy screening. They do male and female infertility testing and refer you to health centers in the area to help you get pregnant. That's right - HELP you get pregnant. Planned Parenthood means planning both ways. Some do flu vaccines, physical exams and cholesterol checks. But you hardly ever hear about those aspects of what they do. It's all about the abortions.

One of the benefits of Planned Parenthood is its low cost. Some students don't have insurance, and anyone can tell you that going to the hospital is expensive. Expensive to the point where people won't go unless they know something is wrong, like their arm is falling off. Planned Parenthood offers health care at a rate you can afford - it's not always free, but based on what you can pay.

A Pap smear without insurance can range from \$50 to \$200 at a clinic. Without Planned Parenthood, how many students will willingly give their grocery money to get a Pap smear or STI testing? Testing that could help them treat the infections before they lead to more serious issues like infertility or kidney failure - which can happen with gonorrhea - not to mention let them know they have the infection before they spread it to more people unknowingly.

Unlike some of the pregnancy crisis centers, which usually only focus on pregnancy,

Planned Parenthood has certified doctors and nurses, people who are trained to deal with the people who walk in their door. More than five million people have walked through their door looking for advice, answers and treatment. Five million men and women every year utilize Planned Parenthood services.

Also it is important to note that 79 percent of their clients are older than 20, breaking down the idea that the majority of their clients are teens who grab the condoms and walk out without another word, or go in there using abortions as their birth control.

And yes they deal with sex, but it's just not condoms and birth control. In a country where the predominate form of sex education is abstinence only, but is shown as a fact of life in the teen media, Planned Parenthood is a voice to answer questions no matter how stupid the questions may be. They won't lie or avoid the questions when you ask them. This is more than my high school health teacher did when my class asked her questions.

They are more reliable than some of the websites you can Google for advice, and without the snarky answer either. More than one million students receive education programs through Planned Parenthood, education they might not get at home or from their friends. 83 percent of Planned Parenthood's centers focus on stopping pregnancy before it happens, with condoms and knowledge. Only three percent is abortion-based, and not all centers even perform abortions.

Not only that, they offer safe sex advice to gays and lesbians, which goes beyond a lot of health advice in schools, who seem to believe sex can only happen with a penis. It could be hard for a parent to have the sex talk with their gay or lesbian child if they don't even know how to have safe sex if it isn't heterosexual. Or maybe these teens haven't told their parents yet that they are gay. They can go to Planned Parenthood for advice on dental dams or other protection. But of course, many people against Planned Parenthood are also against homosexuals, so maybe that is just another reason to defund them.

Yes, many people against Planned Parenthood say if we take away sex, we will stop unwanted pregnancies, STIs and abortions. Logic tells me that hasn't worked in the past, and it sure as heck won't help us now. Teen have always had sex, and they will continue to have it, might as well give them the education and the tools to do it safely. Besides, giving them the knowledge doesn't mean as soon as they walk out of the classroom they are going to go home and have sex.

If we ignore the fact that teens have sex, or tell them it is a sin if they do it before marriage, I doubt teens will magically decide not have sex. Not everyone believes sex outside of marriage is a bad thing, or adheres to programs that follow religious backing for abstinence only.

Without Planned Parenthood, teens will still do it, but will they have the information to do it correctly? By defunding the health centers, I am betting that STI rates and pregnancy will go up. Not that that is saying much, considering the United States has the highest teen pregnancy rates among the world's developed nations. Or the fact that according to the U.S. Centers for Disease Control and Prevention, more than 3 million teen girls have a sexually transmitted infection.

Without funding to birth control, aren't teen pregnancy and abortion rates going to go up? And isn't that exactly what defunding Planned Parenthood was supposed to do - make the rates go down?

Yes, some argue that because they perform abortions, all the other good things like education and testing should be looked over. Do we do that to hospitals? Hospitals perform abortions too, but we never seem to talk about that. Do we say they are horrible people even though they perform vasectomies or pull the plug on coma patients, or do we understand that they are helping people, even though we don't always agree with their decisions?

One in five women will use Planned Parenthood in their life. I stand for Planned Parenthood because I know that all of their services are important, even the ones people ignore.

Technology

Obama, House cut F35 funding

By Molly Sturgis@iowastatedaily.com

Too close for missiles, we're switching to guns

I think as children many of us go through a phase where we want to be a fighter pilot. I was no different, with pictures of fighter jets all over my room and pretending I was flying through my house. Fast forward to second semester sophomore year. I've managed to get myself hired by Rolls-Royce, - airplane engine makers, not the cars - as a cooperative student. Instead of grabbing coffee, they put me to work in the assembly, instrumentation and test group for the F136.

If you're like most people, you don't know what that means. The F136, is one of two jet engines being built and tested for the new generation of fighter jets. It's a plane designed to be sort of the "Jack-of-all-Trades" of fighter planes. Seen the newest "Die Hard" movie? That.

There they taught me what it

means to be a working, experimental engineer. That theory is theoretical, what can go wrong likely will, and how to solve actual real-world problems no one else ever has in the most efficient, cheapest and safest way possible. And when in doubt, use common sense and your instincts.

Fast forward to last week when the new government budget was announced to Congress for approval when President Obama decided to take a stand against the F136 by cutting its funding. The House has agreed with them, and the only thing now in the way of the death of the program is the Senate. To speak plainly, this decision is a mistake.

This is true for many reasons. This leaves the F-35, the fighter jet meant to replace many others for at least the next 35 years, with only one engine. What if there's a flaw in that one engine? We'd be up a creek without a paddle. Additionally, cutting the F136 would be effectively handing Pratt & Whitney a monopoly on fighter jet engines. Competition

between engines has proven to decrease prices, increase quality and improve maintenance. This is a classic case of spend \$5 now to save \$10 later. Some people don't want to spend the money now because they're too short sighted to see ultimately it'll save everybody money. Don't believe me? The Government Accountability Office agrees and has been quoted saying the F136 could save taxpayers upward of \$20 billion.

Secondly, the engine is just plain awesome! Start out with a reported 56,000 pounds of thrust. That's enough to hold more than seven full-grown bull African elephants off the ground against the pull of the Earth's gravity. Now with the current airframe of the F-35 it is unlikely the engine will be able to suck in enough air to reach that number. However, it still means that the engine will never be "working hard" and should lead to longer engine life. This engine was built from scratch by two different companies working together. Nobody builds engines from scratch any-

more. They go and pick out an old one and refurbish it. That fact has allowed the F136 team to make innovations and improvements across the board. One example is the extended use of Lamilloy, a metal treated in a very distinct way to increase its resistance to high temperatures. This is good because inside an engine the temperatures can reach higher than 3,000 degrees Fahrenheit if the metal can withstand that. All of this equates to one thing - awesomeness.

And awesomeness is great. It inspires people to do bigger, better, more innovative and yet more awesome things. It gives people hopes and dreams and pushes them to do their best. Achieving awesome things makes awesome people, with high satisfaction in their lives and pride in their work. Then those awesome people inspire others to be awesome as well and the cycle continues. Decreasing the bad things in life is very important, but perhaps we should spend more time increasing the awesome things.

Lifestyles

Solace can be found in solitude

By Sean.Flack@iowastatedaily.com

My mom is a social butterfly. And for most of my life, I inherited that trait from her. I loved going out and doing things. I would go to a party at someone's house who I didn't know that well just because it was a party. I needed people by me.

But then I lived by myself for the first time. It was a single dorm over at Wallace-Wilson. It was quiet. No one bothered you or tried to be social. I was by myself. And I loved it.

Doing anything by yourself has such a negative reputation in our society. I get weird looks from people when I tell them I go out to dinner by myself, or see a movie by myself or am spending Saturday night by myself. But me time is important. Not everyone has to take it to such an extreme like I do, but I think some alone time would make everyone happier.

We're bombarded every second of our lives with human interaction. If it's not in class or our apartment, it's through Facebook or our phones.

While this might seem like a nice security blanket for some, it just seems overwhelming to me. People pecking at you wondering what you're doing, how's your day, etc. I'm a big fan of taking a moment and living on the outskirts of society. It gives you time for self-reflection, to think and to — most importantly — relax.

But this seems to scare people or weird them out. Is it in our wiring that we just crave human interaction? This goes beyond just being comfortable eating at Olde Main by yourself. Every day people stay in unsatisfying relationships just so they're not single.

I'd say first off it's because we've never really learned how to be alone. Since birth, we're brought up by our

family, and then we leave the house to make friends, and then we come back home to our family. Constant people. I've always been someone with hobbies that didn't require another person, and I grew up an only child, so enjoying solitude was an easy transition for me. This isn't the case for most people.

Secondly, it's this idea of life that has been spoon fed to us our entire lives by movies, TV shows and advertisements — this idea that you can't be happy unless you're with other people. Can you think of one film where the protagonist is truly happy by themselves? Or a romantic comedy where the lead female realizes that she doesn't need men and is free to live her life? Nope, it's characters needing other people in order to be happy.

I'm not saying to go live in a cave somewhere, I'm just saying that society should accept solitude more than

it does. What's so weird about a guy seeing a movie by himself? Or eating by himself? It's not as if you're talking throughout an entire movie, you're supposed to be quiet and watch it. And hey, maybe some people aren't into spending tons of money on alcohol every weekend. Maybe they'd just like to cozy up with a bag of popcorn and a Netflix movie.

These are stressful times. Whether we like it or not, a break every now and then is essential to our sanity. And it can be hard to get that peace when you have some guy from high school messaging you on Facebook chat or your roommate practicing his trumpet in the other room. Just trust me.

Alone time is nice. Grab a newspaper, a book, your laptop, whatever, and get lunch by yourself sometime. It's a nice break from the day, and you'll realize it's not as weird as you think.

Letter

Campus pedestrian safety concerns us all

This fall an ISU student, Jonathan Brown, was hit by a car while walking back to his vehicle after a football game. Jonathan died from all his injuries. While crossing South 16th Street, Jonathan was hit when he entered the west-bound lane.

Derek Haskin was never charged because people were crossing illegally. His death swept through campus, deadening the joy of the Cyclone victory that weekend. These types of accidents happen too often, affecting the family of the victims and the drivers involved. Many students have not learned from the horrific accident that happened to Jonathan, continuing to cross streets around campus illegally and dangerously.

Obviously Jonathan's death affected his family, something many students may not be thinking of. The toll Jonathan's death had is apparent in the Iowa State Daily article "Jonathan Brown Remembered" by Kaitlin York. In the article, Jonathan's father, Phillip, says "he's had no worse feeling than emptying out [Jonathan's] room." One can only imagine the pain his father was feeling as he packed his son's belongings. Jonathan had four siblings as well that will no longer feel his presence. Pedestrians of Iowa State need to realize that they

Michael Butler is a junior in Industrial Technology

are not just putting their lives in the balance but the well-being of their family. Their feelings and happiness need to be considered before crossing the street dangerously.

The driver that hit Jonathan, Derek Haskin, was deeply impacted by the accident. Ms. York wrote another article in the Daily from his perspective entitled "Derek Haskin shares aftermath experience after hitting Jonathan Brown with vehicle." Derek hit Jonathan while swerving to miss pedestrians crossing illegally. Derek said he went home and cried that night. Three days after the accident Derek found out he had hit an ISU student and "killed" him. The family set up a blog about Jonathan's condition that Derek followed. Derek describes his life after Jonathan's death as "a question mark." He has spent nights pacing his apartment and, at the time the article was written, had not returned to class, worrying what his peers think of him.

Derek is having trouble sleeping and eating. His life is in shambles. The worst part is Derek is innocent. He was obeying the law. It is simply

his poor luck that brought him to this horrible situation. This situation shows a jaywalker's mistake will not only ruin their life but the life of the person that hits them. They are the epicenter of the ripple that will ensue because of an instant of crude decision making.

Situations like this happen much more often than they need to. According to data compiled by the National Highway Traffic Safety Administration, 842 people died in "improper crossing of intersections," the leading cause of pedestrian death. Other relevant ways the pedestrians die are the failure to yield to the right of way (662), darting into the road (469), inattentive and failure to yield to traffic signals (63). Overall 4092 pedestrians died in 2009 due to their actions. Three thousand of those deaths happened outside of an intersection, showing people

need to cross at intersections where drivers are expecting them. Crossing the road can be deadly, which is why it is important to cross in safe manners and at intersections when it is appropriate.

There are many arguments as to why one would not cross properly. A common reason is pedestrians always have the right of way. Legally, this is true, but the laws of physics are not governed by society. You will be the one that ultimately pays for your mistake. Another argument is it saves time by not waiting for the crossing signal. Around campus the lights turn readily while pedestrians are waiting. At most, you may be saving two minutes, and if you get hit, you will be out for life. One could also argue you can cross when there are no cars. Scenario: It is dark out and a driver forgets to turn on his headlights. He comes over a hill seeing a green light, un-

aware of the person trying to cross and hits the pedestrian. You can never know there is not a car. You could also slip on your way across. A car comes along oblivious to your situation and runs you over. There is no good reason for crossing illegally; you will be putting yourself in needless peril.

We have all seen people crossing Lincoln Way when cars are only a block away, then standing on the median begging for a distracted driver to jump the curb and end their life. Or being thrown forward because someone darts in front of the bus trying to get to class on time. We are all working too hard to take such chances with our lives. Think of your families, friends and the poor person whose life will be forever changed after they were unlucky enough to kill you on their way to class. Remember Jonathan. Remember you. Make good decisions and cross safely.

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Women's basketball

Bolte ends Hilton career

Iowa State hosts Jayhawks for home finale Tuesday

By Dan Tracy @iowastatedaily.com

Tuesday night, for the 67th time in her career as a Cyclone, senior guard Kelsey Bolte will walk out onto the floor at Hilton Coliseum and prepare to play a regular season game in front of a home crowd filled with fans donning her No. 11 jersey.



Bolte

"I can't really believe that it's already going to be senior night and the last time I'll play in Hilton," Bolte said.

"I'm just going to try and enjoy it and go out with a bang I guess," she said.

The seventh all-time leading scorer at Iowa State and only senior on this season's squad, Bolte has taken a heavy load this season as the leading scorer on the court and as the leader of this Cyclones' team off the court.

"The impact she's made on our university has been dramatic," said ISU coach Bill Fennelly.

"She's a walking, talking example of what it means to be an ISU student-athlete," Fennelly said.

Not only will it be the last home game of Bolte's career, but it will also be the final home matchup for the Cyclones this season as they play host to the Kansas Jayhawks.

Both the Cyclones (20-8, 8-6 Big 12) and the Jayhawks (19-9, 6-8 Big 12) enter Tuesday's matchup on three-game winning streaks.

The Jayhawks, who defeated Iowa State in overtime 86-85 on Feb. 9, have been led this season by sophomore forward Carolyn Davis, who is third in the Big 12 in scoring at 19 points per game.

Davis is coming off a career-high in points with 36 in the Jayhawks' 77-61 victory over Nebraska on Saturday.

"She's very physical," said sophomore forward Chelsea Poppens.

"It's just kind of fun playing against someone like that; it pushes you to compete more and step up your game, especially in the Big 12," Poppens said.

Another thorn in the side of the Cyclones the last time they squared off was 5-foot-4-inch sophomore guard Angel Goodrich, the Big 12 leader in assists, who dished out 15 assists in the win.

Fennelly compared the duo of Goodrich and Davis to that of the former Utah Jazz tandem of John Stockton and Karl Malone.

"We better guard better, we've been a decent defensive team, we didn't guard anyone



Guard Kelsey Bolte breaks past Texas guard Ashleigh Fontenette during the Iowa State - Texas game Feb. 21 at Hilton Coliseum. Photo: David Derong/Iowa State Daily

that night," Fennelly said of the first matchup against Kansas.

"They scored 86 points, I thought we were playing the men's team for a while, the way they were scoring on us," Fennelly said.

With Big 12 conference play winding down, tonight's matchup will also factor in to the seeding of next week's Big 12 Tournament.

Only three games separate the teams placed third through eighth in the conference, with Iowa State sitting in fourth and Kansas in seventh.

Opening tip of the Cyclones and Jayhawks is scheduled for 7 p.m.

**Iowa State**
(20-8, 8-6)

vs.

**Kansas**
(19-9, 6-8)

Where: Hilton Coliseum

When: 7 p.m. Wednesday

Media coverage: KURE radio (88.5 FM)

Play-by-play: Kevin Shay

Color Commentary: Lindee Shultice

Gymnastics

Cyclones move past falls

By Dylan Montz @iowastatedaily.com

Despite the season-high road score earned by the No. 19 ISU gymnasts, it was still not enough to defeat rival No. 16 Iowa, as the Cyclones fell 195.200-195.450.

Iowa State (7-4-1, 1-2 Big 12) was "surprisingly solid" in the vault, floor and bars events, ISU coach Jay Ronayne said, but balance beam proved to be problematic for the Cyclones as the team had to count a fall in that event.

Freshman Michelle Shealy was the last Cyclone to compete in the beam and fell in her routine, forcing the team to count a fall made earlier in the competition. According to Ronayne, the fall by Shealy may have been due to some lingering pain in her ankle as she had twisted it while warming up for the vault competition.

With Shealy forced out of the vault lineup, freshman Hailey Johnson quickly substituted for her, scoring a 9.650. Shealy also missed the floor competition, which allowed freshman Henrietta Green to be put into the lineup for the first time this season.

The San Bernardino, Calif. native scored a 9.075, and had a fall in her first event.

Ronayne was pleased with how Green was able to put forth the kind of effort she did to try to help her team win.

"She has now had some experience in an actual competition, and we fully expect her to perform next time without falling," Ronayne said.

The Cyclones proved to be tough competition for the Hawkeyes in the vault competition as ISU junior Michelle Browning took home the title, scoring a 9.825.

Also stepping up for the Cyclones was freshman Camille Santerre-Gervais on the bars. The St. Lazare, Quebec native won the event, tying a career high of 9.900.

"I was really happy because I stuck my dismount, and this was the second meet that I did my double layout, so it was a good moment," Santerre-Gervais said. "I just did what I do in the gym and it works."

Iowa State will now look to move past its struggle with falling on the beam and continue to improve in the other three events.

The biggest goal for the team right now is to find confidence in itself and that, they say, will be their goal for the next competition.

"We are doing so great in the gym and we are building our confidence, but now we should just show that in the meets," Santerre-Gervais said.

The next competition for Iowa State is a rematch against No. 20 Minnesota on the Cyclones' senior night. The dual is slated to begin at 7 p.m. Friday.



Camille Santerre-Gervais prepares to regrab the bar during the meet against the Hawkeyes held Feb. 18 at Hilton Coliseum. Photo: Zhenru Zhang/Iowa State Daily

Commentary



Coach Kevin Jackson yells from the sidelines during the Beauty and the Beast competition Jan. 21. File photo: Tim Reuter/Iowa State Daily

Season draws to conclusion

By Jeremiah Davis @iowastatedaily.com

Rebuilding year heightens next season's expectations

Over the history of ISU athletics, fans have hung their hats on a few things that Cyclone programs have done well.

Hilton Magic for men's basketball was and remains a point of pride for any ISU fan, student or alumni, and there was always Seneca Wallace and Troy Davis to be proud of for football.

But undoubtedly, the most successful sport in ISU history has been wrestling. Eight national championship banners, the last coming in 1987, are hanging in Hilton, as are those for the Olympic gold medalists that wrestled at Iowa State.

Two of those men also happen to be the previous and current coach of the Cyclones. Cael Sanderson, the only person to go undefeated throughout his career, and now, Kevin Jackson have tried their best to continue the tradition.

Sanderson brought the Cyclones to the brink of a national championship a few times, but never could get past the three-headed monster of the Brands brothers and Dan Gable in Iowa City. When he left for Penn State, Jackson stepped in, and nearly got it done himself.

But while Jackson took the team places last year, this season has been a struggle for the Olympic champion and his staff.

For the first time since 2003, the Cyclones will end the season with a losing record in dual meets. They went 9-10 overall and didn't win a single Big 12 dual.

So the sky is falling on ISU wrestling, right? Jackson can't coach and without Sanderson the wrestling program is doomed. Think again.

The 2010-'11 season was a transition year for the Cyclones. While Jackson had mostly Sanderson-recruited wrestlers on his squad last season, he's brought in his own group for the future.

There are 14 true freshman on the roster this season and four redshirt freshman.

That means that 18 of the 32 wrestlers currently on the roster have three years of eligibility left after this season.

Three years for Jackson and his staff to develop and shape the young men into what they think the kids can be. Three years to begin building back toward the days of Harold Nichols and those national championship banners.

For now, not all is lost either. The Cyclones get to host the Big 12 Tournament on Saturday and while they did fail to win a dual meet against a Big 12 foe, don't underestimate the home-mat advantage. Pride will come into play Saturday in Hilton.

Wrestlers like redshirt seniors Jon Reader and Nate Carr Jr. will be wrestling in their final Big 12 Tournament. Their teammates don't want to send them away disappointed.

"I'm confident that our guys will wrestle as well as they've wrestled all year long," Jackson said in his news conference Monday.

There's also major uncertainty for the Big 12 as a wrestling conference as well. With Nebraska's departure, there may not even be a Big 12 wrestling conference in the future.

If the Cyclones can perform well at the Big 12 Tournament, they can send several wrestlers to the national tournament in Philadelphia with high placements. With a team victory unlikely, Jackson and the wrestler's focus will simply be getting the best results they possibly can.

And Jackson believes his team will be ready for Saturday.

"In wrestling I shouldn't have to keep anybody hungry," Jackson said. "That's what we do. We go out and wrestle and compete. The best athletes keep themselves hungry."

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Registration closes March 9

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word!

Sports Jargon of the Day: Dead ball

SPORT: Basketball

DEFINITION:

In-game situations when the clock is stopped, usually after a ball goes out of bounds or time outs.

USE:

Iowa State is down two, but they'll have the ball at half court when play resumes after the dead ball.

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Daily Crossword: edited by Wayne Robert Williams

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
				20		21					22			
23	24	25		26					27					
28				29				30	31			32		
33							34				35			
36						37					38	39	40	41
				42	43	44				45	46			
47	48	49		50					51					
52				53					54			55		
56						57	58				59			
60						61					62		63	64
66						67					68			
69						70					71			

ACROSS


1 Rolling good time
6 "Pipe down!"
10 The man's partner, in a Shaw title
14 Western neckwear
15 Leer at
16 "Très..."
17 Screw-up
18 Fuzzy image
19 Jedi guru
20 Cop's often-unreliable lead
23 Apostropheless possessive
26 Start of a Latin conjugation
27 Snack for a gecko
28 Retailer's private label
32 Milne hopper
33 Caroline Kennedy, to Maria Shriver
34 Three-layer snacks
36 Clerical robes
37 "The Bachelor" network
38 Laundry
42 Martial arts-influenced workout
45 Chewed like a beaver
47 RR stop
50 Facetious name for a school cafeteria staple
52 Checkers demand
54 Clutton
55 Lic.-issuing bureau
56 "The Gong Show" regular with a paper bag on his head, with "the"
60 March Madness org.
61 Passed with flying colors
62 Up front
66 Former U.N. leader Waldheim

DOWN

1 Air gun pellets
2 Chaney of horror
3 Chicken-king link
4 Davenport, e.g.
5 West Coast ocean concern
6 Mingle (with)
7 Like an extremely unpleasant situation
8 Inner city blight
9 Jane Eyre, e.g.
10 Deep fissure
11 Tear gas target
12 Sawbones
13 Shape up
21 Harbinger
22 Reverse
23 Machu Picchu architect
24 Home Depot buy
25 Cold shoulder
29 Right hand: Abbr.
31 Circumference part
35 Performed in an aquacade
37 "Washboard" muscles
39 Astounded
40 Fabric joint
41 Rec room centerpiece

43 I-Down, e.g.
44 Cyclone's most dangerous part
45 Harsh
46 NFLer who used to play in Yankee Stadium
47 Striped stinkers
48 Costner/Russo golf flick
49 Anatolian Peninsula capital
51 Some Horace poems
53 Pesky fliers
57 "JAG" spin-off
58 Penny
59 "Moonstruck" Oscar winner
63 Memorable time
64 Total
65 Color, in a way

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what? just sayin

My girlfriend rocks!
It's ok for you to be jealous...just sayin'

...

To the guy that picked up all of the newspaper on the stairwell to Seasons, we need more of you.

...

Barn door's open, just sayin'

...

Oh no! You deleted me from Facebook. The world is coming to an end! Not really, you're psycho and I don't care. Just sayin'

...

It amazes me that CyRide doesn't turn any students into grease spots!

...

Today in History

[492]

St. Gelasius I begins his reign as Catholic Pope

[1692]

Sarah Goode, Sarah Osborne, and Tituba arrest for witchcraft (Salem, Massachusetts)

[1803]

Ohio becomes 17th state

[1943]

Jewish old age home for disabled in Amsterdam raided

[1945]

Franklin D. Roosevelt announces success of Yalta Conference

[1966]

Ba'ath-party takes power in Syria

[1983]

Tornado tears through LA, injuring 33 people

[1989]

Comet du Toit at perihelion

[2005]

The Supreme Court rules the death penalty unconstitutional for people who committed crimes before age 18

[2010]

Ejup Ganic, former President of the Federation of Bosnia and Herzegovina is stopped while trying to escape war crime charges, at London Heathrow airport



She said yes.

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Publishes, March 30 ■ Deadline, March 25, at noon

Daily Sudoku

5		7		2				
4			5					
		2	8			6	7	
		9		3		1		
1			6		2			4
		3		8		5		
	9	6			8	4		
					7			3
				5		7		9

Level: medium

INSTRUCTIONS: Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every number 1 to 9. For strategies on solving Sudoku, visit www.sudoku.org.uk.

Today's solution:

5	3	7	1	2	6	9	4	8
4	6	8	5	7	9	2	3	1
9	1	2	8	4	3	6	7	5
8	4	9	7	3	5	1	2	6
1	7	5	6	9	2	3	8	4
6	2	3	4	8	1	5	9	7
7	9	6	3	1	8	4	5	2
2	5	4	9	6	7	8	1	3
3	8	1	2	5	4	7	6	9

Daily Horoscope: by Nancy Black and Stephanie Clements

Virgo: Learn to Balance

Today's Birthday (03/01/11). The year ahead promises renewal. Keep what works, and let go of what doesn't. Be cautious with your expenses. You can renew without spending much. Balance planning for the future with staying present in the moment.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) -- Today is a 7 -- There's a time to be nurturing with your friends, and a time to be alone and focus on yourself. You can have both. Trust your instincts.

Taurus (April 20-May 20) -- Today is a 7 -- Express the love you have for your community. It's a good time to plan a neighborhood garden exchange or block party. Embrace change: It brings you luck.

Gemini (May 21-June 21) -- Today is a 7 -- Love is triumphant again. It's time for an expedition to a faraway land, or to your artistic side. Paint, draw, play with colors, even if unsure. Explore.

Cancer (June 22-July 22) -- Today is a 7 -- Be thankful for what you've got. The end of one idea can represent the birth of another. Clear your thoughts with some quiet time. It all works out.

Leo (July 23-Aug. 22) -- Today is a 9 -- Accepting other people's differences allows for amazing partnership. There's always something to learn. Pay attention to your surroundings to chart the terrain.

Virgo (Aug. 23-Sept. 22) -- Today is an 8 -- Love is the game and the prize. Work also holds both the game and the prize. Learn to balance both today. Friends are impressed by this and admire you.

Libra (Sept. 23-Oct. 22) -- Today is a 7 -- Check in with a favorite friend or sibling. Try a new art or practice today: abstract painting, veggie roasting, karate kicking -- the possibilities are endless.

Scorpio (Oct. 23-Nov. 21) -- Today is a 7 -- Follow mom's advice to win. Home is where the heart is, especially today. Pay attention to the ghosts of the past, then make your own decision.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 7 -- Demand the facts and get them, to figure out what's next. Work on that novel, poem or letter that you've been waiting to write. You've got the words.

Capricorn (Dec. 22-Jan. 19) -- Today is an 8 -- Money comes easily. Nevertheless, get even more efficient. A penny saved is better than two earned. It's easier and faster. Don't forget to rest.

Aquarius (Jan. 20-Feb. 18) -- Today is a 9 -- You're irresistible. Kindness gives you an inner glow. You can do anything you want. What do you want for other people? What do you want for yourself?

Pisces (Feb. 19-March 20) -- Today is a 7 -- The day can be more challenging than you wanted it to be. Stick to it. You're rewarded with sweet satisfaction and experience points.

Go green...Smoke green...and maybe even use a green condom...just sayin'

...

With so many fire drills as kids, we now think EVERY fire alarm is just a drill. At least we know to Stop, Drop, and Roll!

...

To my Rommate: just because you are having a bad week doesn't mean you can leave your dishes and pop cans in the sink for almost a week and leave garbage all over the table...oh wait you do this all the time!

...

To the girl on Blue North Tuesday around noon - LAY OFF THE PERFUME!

...

PDA in the library is NOT ok!

...

Dear parking division- GET A LIFE.

...

to the boy typing in the library: i didn't know it was possible to type 80 words per minute with two fingers...you're incredible

...

If TA's are going to teach a class, it should be required they know what they are teaching. Or at least speak English. Just Sayin'

...

To the guy serenading "Julia," I think you had the wrong apartment building..

...

my girlfriend rocks my socks off...

...

Submit your LMAO(txt) and just sayin' to iowastatedaily.com/fun_games



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Midterm madness: indulge or avoid?

By **Lindsay Macnab**
AmesEats Flavors Writer

With midterms just around the corner, many ISU students are finding themselves stressing out about studying for upcoming exams.

As most people know, taking frequent study breaks, getting an adequate amount of sleep and eating nutritious foods will help decrease stress levels and can potentially improve academic performance.

But there are some foods that are best to avoid and others that are good to indulge in:

Indulge in:

- **Protein-rich foods:** such as eggs, skim milk, nuts, fat-free yogurt, protein bars, etc. Protein is a great source of energy that will help regulate the release of stress hormones.
- **Nuts:** A wide variety of nuts such as walnuts, almonds, cashews, pecans and peanuts not only provide necessary energy to fuel your studying, but are a simple, snackable food. Try creating your own trail mix using various dried fruits, nuts and cereal, or just pop them into your mouth throughout the day.
- **Fruit:** Another source of brain-

boosting energy, fruits contain natural sugars that the human body breaks down to keep body and mind alert and focused. Blueberries, the ultimate memory food, are packed with antioxidants and anti-inflammatory properties. Choose fruits that are brightly colored and are either fresh or frozen.

- **Veggies:** The darker the color, the greater the nutrient concentration. Try eating a spinach salad for lunch or a baked sweet potato with cinnamon for dinner. How about munching on carrot and celery sticks with fat-free ranch dressing?
- **Water:** Drink multiple glasses of water throughout the day in order to stay hydrated. Without sufficient water in the body, you may find yourself losing focus or feeling slightly sick during a big exam.

Avoid:

- **Coffee and Energy Drinks:** Although these beverages may provide a sugar rush and instant energy, too much caffeine can



Photo courtesy: Thinkstock

cause headaches and will eventually lead to a crash.

Since you may already be nervous, caffeine will only add to you being jittery and unable to concentrate.

- **Alcohol:** Excessive alcohol consumption will lead to fatigue, headaches and nausea. Don't be the person who misses a midterm due to a hangover.
- **Junk food:** Be sure to limit or eliminate fast food, potato chips, candy, pop, bakery items, pizza,

etc.

These foods and beverages are high in "empty" calories and provide you with little to no energy.

Along with healthy eating, make sure to keep meals light, snack frequently throughout the day, eat a nutritious breakfast and engage in exercise.

The combination of these factors will help you to stay refreshed and focused for midterm exams.



Photo courtesy: Thinkstock

By **Caitlyn Diimig**
AmesEats Flavors Writer

An empty stomach can leave a brain hungry. If you're on campus and need a snack while studying, ISU Dining has got your rumbling stomach taken care of.

There are a variety of places to get a healthy snack on campus including: Parks Library, the Hub, Hawthorn Market and Courtyard Cafe.

For healthy options try:

- **Hard-boiled eggs:** just two of them pack 8 grams of protein, leaving you full.
- **Parfait:** the combination of fruit and yogurt provides only 4 grams of fat and a 20 percent daily value of calcium.
- **Oatmeal:** the high soluble fiber content will keep you feeling full.
- **Raisins:** loaded with potassium, which will decrease your blood pressure from all the stress of midterms.
- **Cheese cup:** gives you half your daily value of calcium.
- **Couscous salad:** contains 3 grams of fiber and 6 grams of protein, helping you stay full while studying the night away.
- **Spinach tortilla wrap:** if you're studying over dinner time, try this

low-fat option, containing a 15 percent daily value of iron. A lack of iron can lead to anemia, causing exhaustion.

- **Unsalted trail mix:** high in potassium and good fats, which can help to improve your cholesterol.
- **Milk:** the protein and calcium will do more for your body than any soda can, and you won't get a sugar crash later.

Beware of these snacks – they may be delicious, but they're nutrient deficient:

- **Cinnamon roll:** contains more than 300 calories and 36 grams of sugar, spiking your blood sugar and leaving you hungry.
- **Chips:** a 1-ounce bag of potato chips contains 13 percent of the daily value of fat with 10 grams.
- **Chocolate chip cookie:** it's tempting, but just one 2-ounce cookie contains 6 grams of saturated fat, which is two-thirds of the daily value.
- **Soda:** loaded with sugars that will only make you feel energized for a little bit before sugar crashing right into a nap.

For more information on dining on campus go to www.dining.iastate.edu and be sure to check out NetNutrition under the "Nutrition" tab.

Campus coffee decoded



Photo courtesy: Thinkstock

By **Steph Ferguson**
AmesEats Flavors Writer

Ordering coffee can seem like a foreign language, making it difficult for some to get their favorite beverage or even try something new.

Around campus there are various places where you can get your daily dose of caffeine. The Courtyard Cafe, inside Lagomarcino Hall, and Bookends, inside Parks Library, are both run by ISU Dining. Hawthorn Market offers Starbucks Coffee, and there is Caribou Coffee located in the Hub.

All of these places offer a variety of different drinks and also the staples like black coffee and tea. Here are few staples that most coffee shops have:

- **Cappuccino:** Espresso with steamed milk and a large layer of foam.
- **Latte:** Rich espresso with steamed milk with a small layer of foam.
- **Mocha:** Espresso topped with bittersweet mocha sauce and steamed milk.
- **Macchiato:** Steamed milk with vanilla syrup, with hints of espresso.
- **Cafe au lait:** Coffee with hot milk added, also known as café con leche.

Each type of drink can be altered

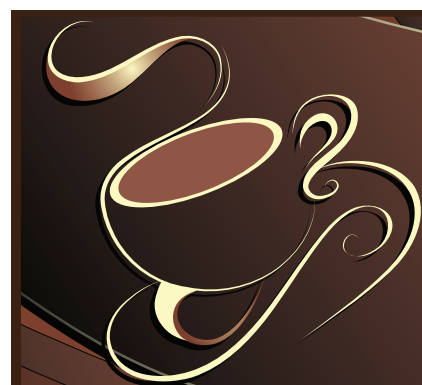
with different types of flavored syrups or melted chocolates. The cafes run by ISU Dining offer special drinks like turtle mocha, zebra mocha and caramelotta. ISU Dining asks you if you want whipped cream typically, and they make their drinks using skim milk, while Caribou Coffee uses 2 percent milk and will put whipped cream on your drink unless you order a "light" drink. It's easy to save a few calories in your drink by asking for skim and no whip. Try soy milk if you're looking for something new. It'll give you a slightly different twist on flavor with fewer calories than 2 percent milk.

All cafes have certain deals and steals that are good to use, especially if you find yourself needing a pick-me-up more than once a day.

- Get 10 cents off your order at Caribou if you know the daily trivia answer.
- Bring your own cup to Bookends or Courtyard and save 35 cents.
- All sizes of hot tea at Bookends or Courtyard are \$1.65, might as well get a large!
- Hot tea at Caribou is \$1.89 for a small or medium, but a large will set you back \$2.29.

Check out www.dining.iastate.edu for more information on cafés across campus.

foodies – soups – salads – dining – desserts – style – recipes – cocktails – nutrition – organic



Fit Coffee Tip

Ask the barista to make your mocha, latte or specialty beverage with skim milk.

Find more nutrition tips at www.dining.iastate.edu/nutrition or, follow us on social media.



ISUdining